

DT05 Rec'd PCT/PTO 18 OCT 2004

relation of

$$-15^\circ \leq \Delta\phi < 0^\circ.$$

14. A method of recording/reproducing optical information,  
comprising the steps of: projecting light in spots with respect to  
5 both first and second portions of a recording layer of the optical  
information recording medium according to claim 5; and forming  
recording marks having mark lengths  $nT$  to  $mT$  to perform recording, so  
that  $IL1$  and  $IL2$  satisfy a relation of  $1 < (IL2/IL1) < 1.3$ .

15. A method of recording/reproducing optical information,  
10 comprising the steps of: projecting light in spots with respect to  
both first and second portions of a recording layer of the optical  
information recording medium according to claim 6; and forming  
recording marks having mark lengths  $nT$  to  $mT$  to perform recording, so  
that  $IL1$ ,  $IS1$ ,  $IL2$  and  $IS2$  satisfy a relation of

15  $0.7 < (IS2/IL2)/(IS1/IL1) < 1.$

16. A method of recording/reproducing optical information,  
having a step of projecting light in spots using an objective lens  
with respect to both first and second portions of a recording layer  
using the optical information recording medium according to any one of  
20 claims 1 to 8, wherein assuming that a wavelength of the light is  $\lambda$ , a  
numerical aperture of the objective lens is  $NA$ , and a shortest mark  
length of the recording mark is  $ML$ ,  
 $0.25 < NA \cdot ML / \lambda < 0.38$  is established.

17. (deleted)

25 18. (deleted)

19. (deleted)